LAWN BOWLING
MAY 18 ~ 10 AM ~ 1 PM

In case you missed it last year—or had a blast and want to do it again! -- Lawn Bowling is back on our calendar.

**When:** May 18 from 10:00 a.m. to 1:00 p.m.

**Where:** Washington Park Lawn Bowling green, on the east side of the park at Mississippi

**Who:** RMOTHG members and guests. The limit of 20 persons will allow us to form 5 teams of four, each coached by a Lawn Bowling club member.

**How:** Please sign up on the CMC website.

**Cost:** $20/person, payable at the park by cash or check

**What to wear:** Flat-soled shoes and comfy clothing.

**What to bring:** Snack food to share. Soft drinks will be provided.

For more information, ask Ava Navin. (ava.navin481@gmail.com; 678-576-0006)

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ANNUAL PICNIC
JUNE 15
Sign Up by JUNE 10

The shelter is handicapped accessible. Check out the park's website. There will be hikes and bike rides available through RMOTHG, but you must sign up separately for those "trips." You can sign up for the picnic under the CMC event site. Deadline for sign-up is June 10th.

If you are bringing a guest, please indicate when you sign up for event so we can have enough food to accommodate everyone. **To recap:** Sign up 2x - once for the picnic, once for a group exercise option - bike or hike.

We need volunteers to help with cooking burgers and hot dogs, set-up and clean-up. Please contact Ronnie Knueven if you can help or have questions. Contact Ronnie at knuevenru@comcast.net or 303-588-4526.

Please join us at the Staunton State Park in Conifer, Colorado on Saturday, June 15th. It is about 40 miles southwest of downtown Denver, north of US Highway 285, and about six miles west of Conifer.

For more information regarding Staunton State Park, see staunton.park@state.co.us or cwp.state.co.us. A daily fee is $7 or an annual State Park Pass is required on all vehicles entering the park.

We have reserved the Ranch Hand Group Picnic Shelter from 11 to 4 pm. Lunch will be served around 12:30 pm. We will be grilling burgers and dogs (unless there is a fire ban.) Paper products and condiments will be provided. Alcohol is permitted in the park (3/2.) **Please bring your own beverage & a dish to share,** assigned by your last name: A-L side dish or salad, M-R appetizer/chips/snacks, S-Z dessert. You might bring your own cooler to keep these dishes and your own drinks cold while you hike or bike or nap.
Hello RMOTHG Friends,

I hope you are all gearing up for a great summer season of biking and hiking with our Section. It is always fun to catch up with familiar friends we haven’t hiked or biked with since last year, and I always look forward to the new people we will meet. If you are new to our Section or just haven’t had a chance to join in on our activities, please do so. I am sure you will find us to be a very welcoming group of people who share many of the same interests. I can attest that many of us have made lasting friendships within RMOTHG.

Our Activity Coordinators and Trip Leaders have met and scheduled the core trips that will be offered by both our hiking and biking groups. In addition to these regularly scheduled day trips please watch for rides and hikes as they are offered periodically on different days. It takes some real planning on their parts to provide all of us with great fun and interesting places to explore. We thank them all so much for all they do!

As we are all aware, this is a volunteer based organization. Without members getting involved there will be not enough trips and activities for us to enjoy each week. If you are not already a trip leader, PLEASE consider becoming one. CMC provides outstanding training that is useful not only for leading our trips, but are personally helpful. While you may not be able to get all the way through the required training in time to lead this summer we still encourage you to begin the process now. If I have piqued your interest even in a small way, I ask you to attend the New Leader Initiative Event being held Thursday May 9th from 6:30-8pm at the American Mountaineering Center in Golden, CO. You will get the scoop on what is required, how to proceed, and meet folks who can clue you in on the support you can always expect as a RMOTHG trip leader.

So until next month, here’s to warm sunny days ahead on wonderful Colorado trails!

Kirsten Tollefsen
Section Chair

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WHY I AM A TRIP LEADER - by Phil Calderbank

Growing up in England, I fell in love with the mountains on a school summer camp in the English Lake District and ever since, I have always felt at home in the open country.

I joined the RMOTHG in order to get out into the fresh air and to learn more about the area in which I have lived for more than 10 years.

After a while, I felt that I could give something back by offering to actually lead some of the hikes.

What a great decision! I found that I had a real goal and purpose at CMC. I learned a lot while studying for the Wilderness First Aid and CPR Courses and I met many new friends.

Now I get to plan where we go and I even get to choose the date.

Being a ‘Leader’ brings a whole new dimension to hiking with the CMC. It’s a responsible role but great fun and I recommend it to everyone.

ATTENTION…

ATTENTION…

ATTENTION…

RMOTHG NEEDS YOU!

WE NEED ALL OF YOU WHO HAVE EVER THOUGHT ABOUT BECOMING A TRIP LEADER

to attend this year’s NEW LEADER INITIATIVE EVENT to be held MAY 9 at the American Mountaineering Center in Golden. The program will begin at 6:30 PM and finish at 8 PM.

This event will give you clear information on how to become a CMC Trip Leader, how RMOTHG’s Activity Coordinators support new and existing trip leaders, and will answer any and all questions you might have in making this fulfilling commitment to lead trips.

Kevin Schaal, the previous Director of the CMC Trip Leader School, will discuss the basics, such as where to start, what’s required and the general process. He is very knowledgable and a long time dedicated CMC leader.

Jeff Flax will represent our RMOTHG Activity Coordinators and give you a brief overview of their unique role (only in RMOTHG,) which provides support to leaders and assures a full schedule of trips throughout our year.

Don’t hesitate! YOU have what it takes to become a trip leader and you will have the support you need to succeed, not only as you train, but ongoing when you are leading your own RMOTHG trips.

Please register for this event by going to: https://www.cmc.org/EventDetails.aspx?ID=46728.

If you have any questions please contact any of the following New Leader Initiative Committee Members: Kirsten Tollefsen at kmt1950@icloud.com; Martha Mustard at mustardo3@comcast.net; or Elaine Shirley at elaineshirley@q.com.
IF YOU’VE GOT QUESTIONS…
WE’VE GOT ANSWERS…

This section of our monthly newsletter will address comments and questions from the RMOTHG Fall 2018 Survey and from the membership at large. Please email questions you would like to see answered in this section to Janice Johnson jajohnson1952@gmail.com.

Q: Can more Easy A hikes be offered?
A: Our hikes are limited by the number of trip leaders we have and the number of trips those trip leaders are available to lead.

Last summer there were a total of 95 trips offered by 32 different trip leaders. Of the 95 trips offered, 43 (or 48%) were Easy or Moderate A hikes.

Our goal is, of course, to train and add more leaders so that the number and type of hikes offered meet the needs of our membership. If you are interested in exploring what it takes to be a trip leader, please sign up on the CMC calendar for the RMOTHG New Leader Initiative on May 9th at 6:30 pm.

Q: It is very hard to get on summer hikes. They are full within 10 to 20 minutes of the 5 p.m. sign-up time on Fridays.
A: Our trips do fill up very quickly on Friday afternoon. That being said, we encourage members to sign up and get on the waitlist even if the trip is full.

Last year, only 13.7% of the trips still had people on the waitlist at the time of the hike.

We encourage members who do sign up and need to cancel to do so as soon as possible so that those on the waitlist can be added to the trip. Similarly, if you are on the waitlist and can’t make the trip, please cancel your spot on the waitlist.

SPEED KART RACING!

We all had a great time racing each other. So much so that some people want to do this again. We did a 14 lap qualifying race and a 16 lap final race. 1st place winner was Laurine Rowe, 2nd place winner was Todd Poulson and 3rd place winner was Guy Jones.
Many of you have already purchased one of these jerseys or jackets and love them! The design was custom made for the RMOTHG by the graphic artist who owns the company, Free Spirit Wear [http://www.freespiritwear.com/]. They have produced quality sports jerseys and jackets for cycling or hiking for many years. If you are a newer member or just haven’t had a chance to order one yet, take a look at the photo below. I have some sample jerseys and jackets in a variety of sizes.

I highly recommend trying on before ordering because this is custom made clothing and cannot be returned. Note that women’s sizes tend to run smaller. Windjackets are Unisex or Men’s sizing. Once we have a minimum of 10 orders, we can purchase at the wholesale price. For those of you who would like to try on the samples for sizing, please contact me at 303-512-3006.

I will have the sample jerseys at the RMOTHG summer picnic at Staunton State Park on Sat. June 9 so that is an opportunity to see them and try them on.

Prices jerseys/jackets:
- Unisex (Men’s) & Women's SHORT sleeve $43
- Unisex (Men’s) & Women's LONG sleeve $49
- Unisex Windjackets $51

If you are interested in ordering, notify me of your interest or with questions at rmothgjersey@gmail.com

Kathy Kurtz

There is a mountain bike trip planned for MAY 7, 2019 around Bear Creek Reservoir Park. It is a Bobcat trip but all are welcome. We’ll do a relatively easy 12 mile loop around Bear Creek Park Reservoir on mostly single track trails. There are several hills but the trail does not have any technical sections. We will try to gauge the interest in doing more mountain bike rides with the Bobcats and/or RMOTHG and also assess the level of mountain biking skills of the participants. If there is enough interest, we’ll plan more rides based on peoples’ interests and skills. If you are interested, you can sign up for the trip on the CMC website. You can contact Jerry Rowe with any questions (303-619-9702, jerry5556@gmail.com).
Hiking season is officially here! The pasqueflowers, spring beauties, candy tufts, and cacti are blooming. Time to take those big snow baskets off your hiking poles and bring out the sunscreen and sunhat. We are in that sweet spot between post holing in the snow and getting up really early to avoid the early afternoon thunderstorms. Of course, every season has its hazards and this is tick season. Ticks tend to congregate on grass and brush along paths and they can detect heat, changes in CO2, and odors. Wearing long sleeves and long pants and applying insect repellent with DEET may help repel a tick but this time of year you should always do a tick check when you get home. If a tick lands on you it may take several hours for it to travel around before it burrows in. If you find a tick, use tweezers to pull it straight out. Ticks carry many diseases but the most commonly transmitted here is Colorado tick fever. If you should feel ill with symptoms of fever, chills, fatigue, nausea, and other flu-like symptoms after you have been bitten by a tick, make sure to let your doctor know of your contact with the tick. For more information go to coloradoticks.org. Also, the rattlesnakes are waking up so keep an eye and an ear out for them if you are in rattlesnake country. But don’t let ticks and rattlesnakes keep you away from a beautiful time in our foothills and mountains. Every week is a new adventure with new growth and new flowers appearing. Enjoy some beautiful spring hiking.

And if you need any more gear (or want to sell some) the CMC GEAR SALE is coming up on MAY 17. See the CMC calendar for details.

TENTATIVE MAY HIKE TRIPS

MAY 1: Waterton Canyon, Meyer Ranch, Carpenter Peak, and White Ranch West Side

MAY 8: Buttonrock Preserve, Chair Rocks, Barr Lake, and Raspberry Ridge

MAY 15: West Kenosha, Centennial Cone, Mt. Sniktau, and two Leader’s Choices

MAY 22: Roxborough, Mt. Falcon, Geneva Mountain, and Alderfer/Three Sisters

May 29: Eldorado Canyon, Butler Gulch, and Mills Lake and the Loch
Hello fellow cyclists,

I am looking forward to a great cycling season, which begins the first Friday in May and runs through the last Friday in September. Besides myself, Ed Scutellaro, Kirsten Tollefsen, Pete Spandau, Carole Adler, Bob Barday, Jerry Rowe, Scott Kramer, Jeff Flax and Roger Wendell will be organizing and scheduling their favorite rides. So hopefully there will be more variety and some new outings.

About 25 to 30 bikers participate weekly, riding on bike paths & quiet city streets throughout the Denver & Boulder areas. Sometimes we go west to Summit County. Occasionally we encounter some hills and gravel trails. The Friday morning rides are finished with an optional lunch at a nearby restaurant.

Currently there will be two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 15 mph. Terrapins ride approximately 10 to 15 miles at a speed less than 10 mph with more stops. There has been talk about an additional group called the Gazelles. Watch for emails about Gazelles rides. There will be some mountain bike outings as well.

The essential items for participating are plenty of water, necessary tools to repair a flat tire (replacement tube for your tire size), appropriate clothing for changes in the weather, ID and a medical card. Wearing a helmet is mandatory. Email notices are sent out several days prior to the excursions to describe the weekly ride. The meeting time is usually 8:30 am with departure at 9:00 am. Guests are allowed with the signing of a waiver form. Guests may participate in two of our activities before joining the RMOTHG section and the Denver group of the CMC.

If you are interested in riding, please contact Wayne Tomasello by email at bicycling.list@rmothg.org requesting to have your name added to the cycling list. Only RMOTHG members will be added to the list and you’ll receive weekly email reminders to sign up at www.cmc.org.

See you on the trails,

Wayne Tomasello
**CPR/AED FOR OUTDOOR RECREATIONISTS**

**MAY 13 OR JULY 8 (TAKE ONE CLASS ONLY)**

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering 2 ½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening classes at the AMC/CMC, on Monday, May 13th and Monday, July 8th (take one class only). **The classes are from 6:30 to 9:00.** The class also covers information on how to relieve choking victims. The class is posted for sign-up on CMC.org calendar. The course tuition is $30. A two-year CPR/AED certification is included with the class.

(Denver Group leaders can apply for SALT scholarships, which covers the cost of the class — see [https://goo.gl/DhBZfM](https://goo.gl/DhBZfM))

For more information, contact Jeff Flax, Denver Group WFA School Director, at [Jeff.Flax@gmail.com](mailto:Jeff.Flax@gmail.com).

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**INVITATION TO A CMC SEMINAR ON HIKING SAFETY**

**ONE-EVENING SEMINARS ~ MAY 22, JULY 17 & AUGUST 28.**

Learning how to be safe in the backcountry is a major reason many members join the CMC. So we’ve developed a one-evening seminar especially for new members who want to learn the basics of hiking safety.

The Introduction to Hiking Safety seminar will teach you:
- the many aspects of safety you need to be aware of, including subjects such as lightning, avalanche, animal encounters, getting lost (or staying found) and being stranded overnight,
- how to avoid, how to prepare for, and how to respond to safety challenges,
- an introduction to the extensive program of in-depth, hands-on safety training courses offered in the CMC Denver Group’s adult education curriculum.

The next session will be held at the CMC in Golden on May 22 at 6:30 at the CMC building. The price is just $10.00 for members and $15.00 for non-members. Future sessions will be held on July 17 and August 28.

To learn more, or to register for the seminar, go to [http://www.cmcdenver.org/schools/introduction-to-hiking-safety](http://www.cmcdenver.org/schools/introduction-to-hiking-safety)
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com

FUN PHOTOS

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AWW KITTY ...

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A Section of the Colorado Mountain Club Denver Group

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IF A FELLOW RMOTHG MEMBER
HAS A SERIOUS ILLNESS,
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please contact our RMOTHG
secretary to send a friendly note
to that member/member’s family

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